

Spanish Rice - USDA Recipe B170

Meal Components: Vegetable - Red / Orange, Vegetable - Starchy, Vegetable - Other, Grains

B17

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh cilantro	1 oz	1 3/4 cups	2 oz	3 1/2 cups	1. Mince cilantro. Set aside 1/2 oz for step 12.
*Fresh onions, minced	1 lb 3 oz	3 3/4 cups	2 lb 6 oz	1 qt 3 1/2 cups	
*Fresh green peppers, minced	1 lb 3 oz	3 1/2 cups 1 Tbsp	2 lb 6 oz	1 qt 3 cups 2 Tbsp	2. Place cilantro, onions, peppers, and garlic cloves in a food processor. Blend ingredients until minced.
Garlic cloves		2 each		4 each	
Canola oil		2 Tbsp		1/4 cup	3. Heat oil in a medium stock pot. Add onion mixture. Cook uncovered over medium heat for 2 minutes.
*Fresh celery, minced	4 oz	3/4 cup 1 1/2 tsp	8 oz	1 1/2 cups 1 Tbsp	
Frozen corn	1 lb 3 oz	3 1/2 cups	2 lb 6 oz	1 qt 3 cups	4. Add celery, corn, salt, pepper, and spices. Continue cooking one additional minute stirring constantly.
Salt		1 1/2 tsp		1 Tbsp	

Chili powder		2 tsp		1 Tbsp 1 tsp	
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika		2 tsp		1 Tbsp 1 tsp	
Onion powder		1/2 tsp		1 tsp	
Cinnamon		1/2 tsp		1 tsp	
Garlic powder		1 tsp		2 tsp	
Oregano		1 tsp		2 tsp	
Low-sodium beef broth		1 qt		2 qt	5. Add beef broth, tomato paste, and diced tomatoes to onion mixture. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 7.
Canned no-salt-added tomato paste	4 1/2 oz	1/2 cup	9 oz	1 cup	
Canned no-salt-added diced tomatoes, undrained	10 oz	1 1/3 cups (approx. 1/8 No. 10 can)	1 lb 4 oz	2 2/3 cups (approx. 1/4 No. 10 can)	
Brown rice, long-grain, regular,	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	6. Place 1 qt brown rice (1 lb 9 oz) in each steam

7. Pour 3 qt 3 cups (about 6 lb 12 oz) beef broth mixture into each steam table pan. Stir. Cover pans tightly.

8. Bake:

9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

*Fresh limes

2 each

4 each

10. Remove from oven. Squeeze lime juice over rice. Stir well.

Lime juice

1/4 cup

1/2 cup

11. Critical Control Point: Hold for hot service at 140 °F or higher.

12. Garnish with remaining cilantro.

13. Portion with No. 8 scoop (1/2 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/4 cup other vegetable, 1/8 cup starchy

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/2 cup vegetable, and 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	1 lb 6 oz	2 lb 12 oz
Green bell peppers	1 lb 8 oz	3 lb
Celery	5 oz	10 oz
Limes	5 oz	10 oz

Serving	Yield	Volume
See Notes	25 Servings: about 6 lb 8 oz	25 Servings: about 3 quarts 1 cup / 1 steam table pan (12" x 20" x 4")
	50 Servings: about 13 lb	50 Servings: about 1 gallon 2 quarts 2 cups / 2 steam table pans (12" x 20" x 4")

Nutrients Per Serving					
Calories	154	Saturated Fat		Iron	1 mg
Protein	4 g	Cholesterol		Calcium	29 mg
Carbohydrate	30 g	Vitamin A	417 IU	Sodium	184 mg
Total Fat	2 g	Vitamin C	20 mg	Dietary Fiber	4 g